



## **fabric of life**

### **counselling & psychotherapy**

*...weaving the threads together*

#### **Are You Feeling Out of Your Depth?**

Fabric of Life Counselling & Psychotherapy offers a confidential, safe environment in which to explore those issues that are concerning you.

Life transitions can be stressful no matter how big or small, and taking the time to talk to someone about these issues can help you to gain a deeper level of understanding of your situation and assist you in making positive life changes.

**Talking to a professional counsellor can help with:**

- **Relationship Conflict** - Whether you have separated from a partner or are in the process of thinking about it, relationship counselling can help you to make a clear and informed decision, and redefine your relationship so that it can become constructive rather than destructive. Relationship counselling aims to address conflicts so that a positive future can be attained for both parties, whether they remain together or separate.
- **Conflict Resolution** - Mediation is the process of creating a calm and controlled environment whereby both parties can be heard with due respect. Having a third party mediate between two or more people can help to diffuse emotion, focus on the issues at hand and achieve agreed and desirable outcomes for all parties.
- **Life Transitions** - A change of lifestyle can bring with it a sense of dis-ease and stress. Whilst retirement can bring more relaxation and leisure time, it can also require extra investment and financial planning. Additionally, retirement changes relationships. Whilst spending more time with your partner or family can be a pleasant change that brings you closer together, it can also cause additional tensions. Counselling can help to openly and honestly address these positive and negative changes and

provide practical communication and management skills to navigate life transitions and all that it brings.

- **Financial Matters** - The old adage: 'Money... can't live with it, can't live without it!' holds true in many cases. Whether you are planning investments or have found yourself in financial difficulty, counselling can help to alleviate the stressful emotions that money generates. Fear, anxiety, envy, frustration, anger, disappointment, depression - all these emotions can potentially be associated with the stress of managing finances.
- **Succession Planning** - Devising a 'Last Will and Testament' document can be a highly emotional and unexpectedly challenging task. Whilst you may have a loose plan in your mind of how you would like things to be, reality can be somewhat different. Reviewing one's past and projecting into the future can bring up all kinds of difficult questions such as:
  - Who would look after our children if we weren't here?
  - Will we upset other people by the choices we make?
  - What do my children want to remember me by when I am gone?
  - Will they respect my wishes and receive my Will in the spirit in which it was intended?

Issues such as mortality and the meaning of life, spirituality, and reflections on past memories can become emotionally overwhelming. Often times, a secondary grief reaction can be stirred by a previous loss (such as reflecting on the loss of one's own parents).

Talking to a professional counsellor who can respond to such emotion with deep personal regard, warmth and empathy can help to validate these very personal feelings and gain a sense of meaning from them.

\*Some private health insurance rebates available

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